

Treasure Barrel

Frozen Yogurt Granola Cups – Easy Sweet Treat

15 min Prep time	**15 min** Total time	**8** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Cup Base

- [ ] 2 cups crunchy granola
- [ ] 2 tbsp melted butter (optional, for binding)
- [ ] 1 tbsp honey

Yogurt Filling

- [ ] 2 cups Greek frozen yogurt
- [ ] 1 tsp lemon zest
- [ ] ½ cup fresh mixed berries
- [ ] 2 tbsp chopped almonds
- [ ] Drizzle of honey or maple syrup

Instructions

1. In a bowl, combine granola, melted butter (if using), and honey; mix until the crumbs cling together.
2. Press the granola mixture firmly into a lined muffin tin, forming shallow cups; chill for 5 minutes.
3. Spoon a generous layer of frozen yogurt into each granola cup, smoothing the surface.
4. Top with berries, almonds, and a light drizzle of honey; return to the freezer for another 5 minutes before serving.

Nutrition per serving

210 kcal	7 g	26 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the yogurt is too hard, let it soften at room temperature for a few minutes before filling.
- For extra crunch, toast the granola lightly in a pan before mixing with butter.
- A quick microwave mug style treat can be paired alongside for a cozy night.